

February 2003/March 2003

Dear Prevention Partners Coordinator:

Spring Walk Date Set!!!

It's that time of year again! Time to lace up those walking shoes and take part in the 2003 Prevention Partners Spring Wellness Walk. This year's walk is scheduled for Friday, April 4, 2003 in conjunction with South Carolina Public Health Month. Our Prevention Partners' kick-off site will be at the scenic Riverfront Park in Columbia. As in year's past, this year's walk will feature lots of snacks and door prize donations from local businesses and we'll also have one of Columbia's top radio stations providing music to keep things festive. You will be receiving your walk packet soon, so start your planning today. If you have any questions regarding the walk, call Prevention Partners at (803) 737-3820.

Chronic Disease Workshops

We have two chronic disease workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

- Stroke Workshop March 13, 2003 Rock Hill 9:30 a.m. - 12:00 p.m.
- Nutrition for Diabetes April 17, 2003 N. Charleston 9:30 a.m. - 2:00 p.m.

Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, www.eip.state.sc.us (click on the Prevention Partners logo and go to the Disease Management section). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at rmakhuli@eip.state.sc.us.

Be Proactive!

It's a fact that people who take a proactive approach to their health live longer lives. And the Preventive Worksite Screening is a great way to become proactive as it allows you to gauge your health and know where you may need to make changes in your lifestyle. To have a screening at your worksite, just fill out a Preventive Worksite Screening Request Form and mail or fax it back to us. Request forms can be obtained by calling (803) 737-3820 or by logging onto www.eip.state.sc.us. Click on the Prevention Partners logo and go to "Early Detection".

Remember, demand is high, so try to give us 6 weeks advance notice in order to set up your screening, and as always, fill out the request form completely and please provide several choices for the date of your screening.

NOTE TO SCHOOLS: Yes, it is possible to pull off a screening on a school day! So, we would like to encourage our schools out there to look beyond in-service days to schedule a worksite screening. Many of our schools tell us they have been successful by starting their screenings at 7:00 a.m. and scheduling teachers first and following with office staff at later appointment times. Last year there were a couple of schools that waited too late in the school year and missed out. Don't let that happen to you! Go ahead and request your screening today!

Preventive Worksite Regional Screenings

For those who would like to participate in one of our regional screenings, the next two are as follows:

- February 19, 2003 Charleston Trident Health District (Perimeter Center)
- March 26, 2003 Aiken USC Aiken

Registration forms can be obtained from our website, www.eip.state.sc.us (click on the Prevention Partners logo and go to the Early Detection section). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at emcelveen@eip.state.sc.us.

Getting to Goal

Enclosed in this mail-out is the Cardiovascular Disease Risk Management Program "Getting to Goal". Please note the CD-ROM on the inside back cover of this booklet. This is an excellent resource for any worksite health promotion library.

Contents of this mail-out are:

February/March Coordinators' Communiqué
February Bulletin Board Service/March Bulletin Board Service
SCCPPA Conference Flyer
"Getting to Goal" Packet